

# DJS Healthbeat Monthly Circular

DJS

## Knowledge Is Power: 5 Foods That Help You Fight Fatigue!



Eating the right foods is important especially if you're already feeling fatigued

due to stress, or physical, mental or emotional overexertion. If you ever feel lethargic or fatigued after you eat then you're eating the wrong foods! You need to choose foods that release energy more slowly and give you a gradual boost of long-lasting energy.

You can fight fatigue with the following 5 foods, they are also easily digestible and rich in nutrients that help your body convert food into energy.

1. Oatmeal. It works because carbohydrates spend the least amount of time in the stomach, which means you get a quick boost of energy.
2. Yogurt. Because yogurt is soft your body processes it more quickly than a solid food, making it a great source of quick energy. It also contains probiotics, a beneficial bacteria that helps you maintain a healthy digestive tract by protecting against pathogens and helping your body eliminate harmful bacteria.
3. Spinach. It is chock-full of nutrients that are essential for fighting fatigue and helping your body perform at its peak. Not only is it one of the most iron-dense food sources on earth, it's also extremely rich in magnesium and potassium and is an excellent source of energy supporting B vitamins.
4. Nuts and seeds. These are nutrient-dense foods packed with high quality protein and healthy omega 3 fats. Nuts and seeds are also an excellent source of vitamins and protein that our bodies can convert into energy.
5. Beans. Beans have been called a miracle food. Along with providing numerous health benefits they are the frontline when it comes to fighting fatigue. They are a concentrated source of stable, slow-burning energy due to their unique nutritional composition of high fiber, low-fat, carbohydrates and protein.

## February Is National Heart Awareness Month

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common form of heart disease in the U.S. is coronary heart disease or heart attack. About every 25 seconds an American will have a coronary event, and about every minute

one will die.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put us at greater risk, such as high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity,

and secondhand smoke. Heart disease is the #1 Killer of Women.

Get regular checkups, maintain a healthy weight, don't smoke and stay active!

For more information go to:  
American Heart Association

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### Special points of interest:

- *Weight Loss.*
- *Tanning Beds.*
- *Viral Gastroenteritis.*
- *Women's Health Part V.*
- *February Interesting Facts.*
- *Black-Eyed Peas.*
- *Teen's Corner.*
- *Looking Forward to Spring.*

### Inside this issue:

<i>Vital Signs</i>	2
<i>Common Sense</i>	2
<i>Ask A Nurse</i>	2
<i>Special Feature</i>	3
<i>Interesting Facts</i>	3
<i>Healthy Recipe</i>	3
<i>About The Season</i>	4

## Vital Signs: Losing Weight - Getting Started!



Losing weight takes more than just desire, it takes major will power, commitment and lifestyle changes. Below find five steps needed to help you succeed.

1. Make a commitment. Write down reasons why you want to and why you should lose weight. Make a contract with yourself.
2. Take stock of where you are. Talk with

your healthcare provider and evaluate your current weight and health. Keep a food diary, this may help you figure out where your “trouble” areas are.

3. Set realistic goals. We all want the non-existent “magic” pill. Start the diet today and lose at least one size by tomorrow. It’s better to set realistic goals, both short-term and long-term. And reward yourself along the way.
4. Identify resources for information and support. Your doctor, co-workers, family and friends. Making lifestyle changes can feel easier when you have others that

you can talk and relate to about it.

5. Continually check-in with yourself. Monitor your own progress. Don’t feel defeated because you didn’t reach a goal, use that to motivate yourself to meet the next one. If you find that you keep missing your goals, evaluate your goals and revise them.

Our lives are continuously changing, but as humans we adapt. So, this week walking each morning, next week maybe walking only on Monday and Wednesday. Your goals are “Yours”, you call the shots, so make it work for you!

## Common Sense: The Dangers of Tanning Beds.

A tan is no different than a sunburn in terms of the effect on our skin. It’s proof that your skin has been exposed to UV radiation. Ever since a nice sun-kissed tan was a sign of health and vitality, we have been battling society about the dangers of sun damage to our skin.

Our skin is our best protection against infection! As long as we take care of it that is!

Sunburns and tans are dangerous because they cause DNA damage to your skin. You risk developing skin cancers and blistering, infection, and open unhealthy skin.

Tanning beds are NOT safe. Both UVA and

UVB rays cause cancer. Tanning beds often exceed “safe” UV limits, despite the claims of the salons.

Contrary to popular belief, you can get a sunburn in a tanning bed and your eyes are at an increased risk of developing cataracts and corneal burns.

The FDA (Food and Drug Administration) and the CDC (Center for Disease Control) both recommend that you avoid using tanning beds in order to prevent developing skin cancer. There really is no such thing as a safe tan from a tanning bed. In addition to developing skin



cancer, exposure to UV rays causes your skin to prematurely age.

So just like you watch ads on television selling

you the next get rich scheme, the next time you see an ad for a tanning salon remember that it’s not beautiful, it’s merely a walking advertisement for skin cancer!

## Ask A Nurse: What Is Viral Gastroenteritis?

Viral gastroenteritis is inflammation of the stomach and intestines from a virus. The infection can lead to diarrhea and vomiting and is sometimes called the “stomach flu”.

Many types of viruses can cause gastroenteritis like Rotavirus and Norovirus being two that we see quite a bit of between October and April. These viruses thrive very well during cooler months and they are highly contagious!

These viruses are often found in contaminated food or drinking water, and are spread through contact with items touched by an infected

person if they have not washed their hands after using the restroom.

Symptoms that are common with these viruses are: abdominal pain, diarrhea, nausea and vomiting. Other symptoms may include: chills, clammy skin, fever, joint stiffness, weight loss, excessive sweating, poor feeding, vomiting blood (although very rare), and muscle pain. These symptoms usually appear within 4-48 hours after exposure and you can continue to shed the virus in your stool for several weeks after feeling better.

Prevention is always the best medicine:

- Wash Your Hands! Before you eat or prepare food and after you go to the bathroom, with soap and running water.
- Clean high touch surfaces frequently like, telephones, computer keyboards, keys, railings, desks, tables, etc.,
- Stay home if you are sick.

For more information on this topic visit:

[www.cdc.gov](http://www.cdc.gov)

## Special Feature: Women's Health Part V In Your 60's and Beyond

Welcome to Part V of Women's Health!

Again, this should be used as a general guide for regular healthcare. For more specific tests and times, please see your healthcare provider.

- Checkup, height and weight-discuss with your healthcare provider.
- Blood pressure at least every 2 years in the office.
- Cholesterol/Lipid screen every 5 years.
- Blood glucose test every 3 years.
- Thyroid test (TSH) every 5 years.
- Dental checkup 1 to 2 times per year.
- Mole exam every year by a healthcare provider.
- Eye and vision screen every 1-2 years.
- Hearing test every 3 years.
- Mammogram every year.
- Bone mineral density test and mental health screen discuss with your provider.
- Colonoscopy every 10 years.
- Gyn health- Pap/pelvic exam every 3 years after 3 consecutive normal tests up

to age 70. STI tests before sex with a new partner, and yearly if you have multiple partners.

- Immunizations: Yearly Seasonal Flu Vaccine. Zoster (shingles) once, discuss with your provider. Pneumococcal once at age 65. Td (tetanus-diphtheria) booster every 10 years. Tdap before age 65, discuss with your provider.

Remember: Don't smoke and maintain a healthy weight!

Multivitamins with calcium and Vitamin D help maintain healthy bones.

## Interesting Dates in the Month of February

- 1773- William Henry Harrison the 9th U.S. President was born in Berkeley, Virginia. He took office on 3/4/1841 and died only 32 days later after developing pneumonia from the cold weather during his inaugural ceremonies.
- 1813- First federal vaccination legislation enacted.
- 1821- The first female physician in the U.S., Elizabeth Blackwell was born near Bristol, England. She established a hospital in New York City run by an all-female staff.
- 1840- The first U.S. College of Dentistry was chartered in Baltimore, Maryland.
- 1873- The University of California open its first medical school in San Francisco, California.
- 1944- DNA identified as the hereditary agent in a virus.
- 1954- The first mass inoculation of children against polio with the Salk vaccine began in Pittsburgh.
- 1976- George Hoyt Whipple died, who shared the 1934 Nobel Prize in medicine with 2 others, for their work on the treatment of anemia.
- 1984- First human baby born from an embryo transfer (one human to another).



## Healthy Recipe: The Food of the Month of February is Black-eyed Peas

Black-eyed Pea Spread: Serve with toasted slices of baguette as an appetizer.

Ingredients:

- 1 15 ounce can black-eyed peas, rinsed, or 1 1/2 c cooked black-eyed peas (fully cook before using).
- 1/4 c tightly packed fresh parsley leaves.
- 2 tbsp. lemon juice.
- 2 tbsp. extra-virgin olive oil.

- 1 1/2 tsp. chopped garlic, (1 large clove).
- 1/2 tsp. dried tarragon.
- 1/4 tsp. freshly ground pepper.
- Salt, to taste.

Directions:

1. Reserve a few black-eyed peas for garnish and place the remaining peas in a food processor, along with parsley, lemon juice, olive oil, garlic, tarragon and pep-

per. Process until smooth. Taste and adjust seasonings, adding salt if desired.

2. Transfer to a serving bowl and garnish with the reserved peas.

Nutrition: Per 2 tbsp. serving: 52 calories; 4g fat; 0g Sat; 2g mono; 0mg cholesterol; 4g carbs; 2g protein; 2g fiber; 92mg sodium; 70mg potassium.

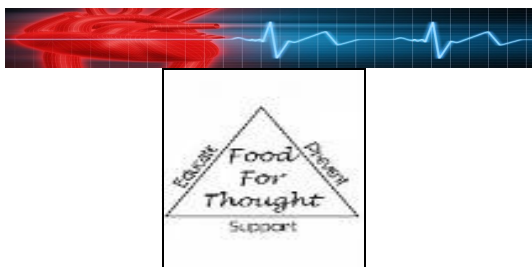
Make ahead, cover and refrigerate for up to 2 days.

## DJS

One Center Plaza  
120 W. Fayette Street  
Baltimore, Md. 21201  
Www.djs.state.md.us  
1-877-DJS-H1N1  
E-mail: clarkt@djs.state.md.us



*KEEP THE BEAT ALIVE!*



## Food For Thought

### Teen's Corner



When people start smoking in their teens, they may end up smoking more over their lifetime, which may be made shorter because of it. But smoke cessation programs are designed more for adults, which isn't the same at all.

Teens do spend a lot of time texting, so SmokefreeTXT is a tool designed to help teens quit smoking!

It sends six weeks of teen-friendly texts to their cellphones. Teens can register for this program by texting "QUIT" to the short code "IQUIT", which is 47848 on their mobile phone or go to [teen.smokefree.gov](http://teen.smokefree.gov).



## About The Season: Looking Forward To Spring!



Everyone seems to be gearing up for the warmer weather already. Most winter seasons enable a lot of people to get com-

fortable on the couch, cover up with a blanket, watch T.V. and eat unhealthy snacks, but not this winter! With the weather like Spring one day then winter the next, many people have stuck it out at the gym, held closer to their New Year's resolutions and are looking ahead and planning for the upcoming swim suit season.

For those that the weather hasn't effected, but instead reverted to their old habits of being a couch potato just because it was winter, try some of the tips below to get yourself moving:

- Eat one dark green vegetable every day. Dark green veggies contain vitamins and minerals like iron, A, C, K and folate that your body needs to stay healthy.
- Call a friend. Instead of hunkering down with a movie and a blanket, give someone you haven't seen in a while a call. Hearing a friend's voice can boost your mood and socializing helps you feel connected to the people who matter the most to you.
- Take five. To fight the feeling of being overwhelmed or run down, take 5 minutes to close your eyes and clear your head. Deep breaths and thinking happy, calming thoughts can help too.
- Hide the remote. Hide it so you're forced to get up to change the channel or adjust the volume.
- Bake some fruit. Put some apple slices and cranberries in the oven for about 20 minutes at 350F and sprinkle some cinnamon (a powerful antioxidant) on top. It's much healthier than a bag of greasy chips.
- Go green. Enjoy a cup of green tea instead of a cup of coffee or soda when you feel sleepy. It's loaded with antioxidants and it may boost your metabolism and help burn fat.
- Get more vitamin D. During the winter we stay bundled up so we don't get as much vitamin D as we do in the summer months. Try drinking a glass of low-fat milk or 100% orange juice with added vitamin D. It not only helps build stronger bones, but it can boost your immune system and help you fight off infections like the flu.
- Get moving. Cold temperatures make it hard to pull yourself out from under the blankets, but exercise warms you up and helps boost your mood and your immune system.